

MMOW VOLUNTEER OPPORTUNITIES

FOR FAMILIES AND GROUPS OF YOUTH



Meals on Wheels programs depend on volunteers to provide nutritious meals to homebound seniors and individuals with disabilities. But maybe your schedule is more suited to another kind of volunteer project. Your help is needed in a variety of ways to help homebound citizens live healthy, enjoyable lives.

OUR PRIMARY VOLUNTEER NEED:

- Deliver meals to the recipients

PROJECTS FOR THE CREATIVE-MINDED:

- Buy and decorate oven mitts for delivery drivers
- Create greeting or birthday cards
- Create placemats
- Decorate lunch bags
- Create no-sew fleece blankets
- Create "We Care" packages

RELATED VOLUNTEER PROJECTS:

- Host a fun fundraiser for MMOW
- Take the pledge to end senior hunger
- Hold a birthday party to benefit MMOW
- Be a bulk mail volunteer

OUR PRIMARY VOLUNTEER NEED:

DELIVER MEALS TO THE RECIPIENTS

Volunteer to deliver noontime meals to home-bound seniors and people with disabilities. It takes only one hour to deliver the meals, but one hour can really deliver results – 10 hot meals, 10 safety checks, and 10 smiles! By delivering meals and providing a human connection to people, you are enabling them to continue to live happily and independently in their own homes.

With 40 Meals on Wheels locations in the Twin Cities, we can connect you with the program nearest your home or work. Meals on Wheels volunteers are part of a huge effort – over 4,000 meals are delivered each day in the Twin Cities area. It's fun to volunteer with friends or family, and bring along the kids! Click [HERE](#) to get started.

PROJECTS FOR THE CREATIVE-MINDED:

BUY AND DECORATE OVEN MITTS FOR DELIVERY DRIVERS

Your family can help Metro Meals on Wheels by providing oven mitts so our volunteer delivery drivers don't burn their hands from the hot meals. Decorating them can be a fun family or group project. Either buy the mitts (light colored mitts with no pattern work best), have them donated, or ask families to bring some to a service event at your church or school. For easy decorating instructions, visit <http://jas.familyfun.go.com/arts-and-crafts?page=CraftDisplay&craftid=10350>. E-mail info@meals-on-wheels.com or call 612.623.3363 with any questions or to find out where to deliver your completed projects.

CREATE GREETING OR BIRTHDAY CARDS

Your family can help Meals on Wheels by creating hand-made greeting cards for meal recipients. Cards are especially appreciated at holidays, birthdays and in times of illness. MMOW makes sure they get delivered to folks along with their daily meal on the appropriate holiday or birthday. Use your creativity, some paper, and any other art supplies you have and remember to make your cards general enough so they will suit any recipient. E-mail info@meals-on-wheels.com or call 612.623.3363 with any questions or to find out where to deliver your completed projects.

CREATE PLACEMATS

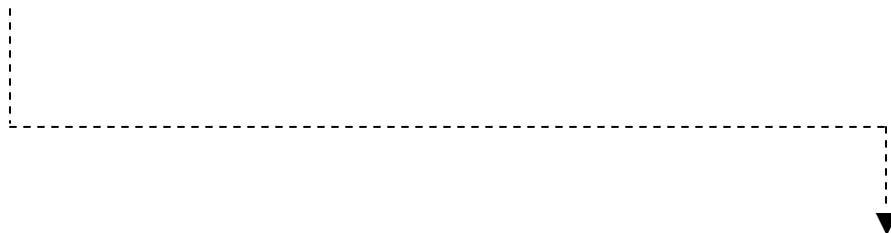
Meals on Wheels programs love to have "extras" to hand out to meal recipients. Families can make placemats, sun catchers or other small gifts to brighten their day. It's particularly nice if you're able to laminate the placemats. E-mail info@meals-on-wheels.com or call 612.623.3363 with any questions or to find out where to deliver the gifts or completed projects.

DECORATE LUNCH BAGS

Help cheer meal recipients by decorating brown lunch bags for their meals. Use your creativity, crayons, markers, stickers, or any art materials you have on hand. E-mail info@meals-on-wheels.com or call 612.623.3363 with any questions or to find out where to deliver your completed projects.

CREATE NO-SEW FLEECE BLANKETS

Families can make a clever no-sew fleece blanket for a home-bound elderly or ill Meals on Wheels recipient in need of comfort. You will need to buy the fleece fabric, but making it is quick and easy. For instructions, visit http://www.ehow.com/how_2142255_nosew-fleece-blanket.html. E-mail info@meals-on-wheels.com or call 612.623.3363 with any questions or to find out where to deliver your completed projects.



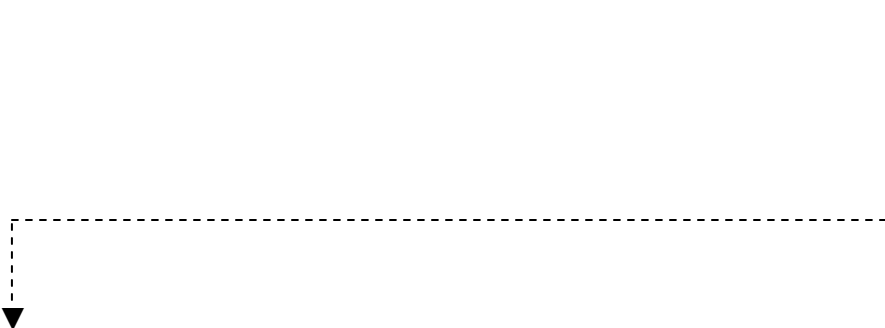
CREATE “WE CARE” PACKAGES

During the holidays and on birthdays, meal recipients are given a special goodie bag to say, “We care.” *This is a great project for families, Girl Scouts, service clubs, school groups, or workplace volunteer programs.* To make it as easy as possible for individuals and groups to contribute to the program, we have established guidelines. **Following these guidelines will ensure that your contribution reaches Twin Cities Meals on Wheels recipients properly.**

1. Place contents in a shoe box or gift bag.
2. Cushion contents with bright tissue or wrapping paper to make it more festive. Fill the bag or box with **new, unopened, labeled** items from this list:
 - Sharpened pencils, pens, highlighters or Post-It notes
 - Stationery, notecards, stamped envelopes
 - Sports socks and/or slippers
 - Magnifying glasses
 - Small first-aid kits
 - Puzzle books (large print is helpful)
 - Potholders, jar top grippers, or other useful kitchen supplies
 - Shampoo, conditioner, mouthwash, lotion, deodorant, cotton balls, Q-tips, tissues
 - Toothbrushes and/or toothpaste
 - Sewing kits
 - Combs/brushes (packaged), nail clippers, emery boards

IMPORTANT REMINDERS:

- **NO FOOD.** Many of our clients are on special diets.
 - **NO ADVERTISING.** This goes especially for prescription or over-the-counter medications.
 - **NO INDIVIDUAL ITEMS. We can accept donations of completed packages only.** Unfortunately, we do not have the resources to store, select and assemble individual items.
 - **PLEASE** - Wrap each “We Care Package” so that we can take a peek in each box to ensure the contents haven’t spilled in transit!
3. Enclose a cheery card if you’d like, with a general greeting such as “Happy Birthday,” “Thinking of You” or “Best Wishes.” And don’t forget to sign your name!
E-mail info@meals-on-wheels.com or call 612.623.3363 with any questions or to find out where to deliver your completed projects.



RELATED VOLUNTEER PROJECTS:

HOST A FUN FUNDRAISER FOR MMOW

A fun way to make a difference is to host a family fundraiser, with the proceeds going to feed seniors and/or those with disabilities in your community. Here are some fun ideas:

- Collect pennies. Visit www.pennies.org and click on “Penny Fundraisers.”
- Give a party. Get a volunteer band and have someone donate food and drinks. Charge a small price for admission and/or ask your guests for donations for MMOW.
- Rent your family for chores. Offer your services for shoveling snow, raking leaves, sweeping, cleaning, painting or other odd jobs. Let the recipients know that the proceeds will benefit MMOW.

The success of MMOW depends on individual donations. A contribution of \$30 will feed a meal recipient for a week.

TAKE THE PLEDGE TO END SENIOR HUNGER

By taking this pledge, you will commit to helping the national Meals On Wheels Association of America (MOWAA) end senior hunger by 2020. Related activities include volunteering for a local Meals On Wheels program, generating awareness about the problem of senior hunger in America, making a donation, sharing your story, providing ideas about how we as a country can end senior hunger by 2020, and by doing all you can to provide The Next Meal “so no senior goes hungry.”® Taking this pledge could be a great opportunity to start a conversation with your children about what your family can do to make a difference. Click [HERE](#) to take the pledge.

HOLD A CHILD’S BIRTHDAY PARTY TO BENEFIT MMOW

Many families have begun a tradition of do-good birthdays. Parents are encouraging children to look at the event as a time to do something nice for others. If you’d like to start instilling a sense of philanthropy in this way, you could have the party focus on projects to benefit MMOW.

- Talk to your child about the value of MMOW’s mission. If you and your child are volunteer drivers or if you know friends or family who benefit from meal deliveries, your child might be especially interested in this additional way to support MMOW.
- Choose one of our family-friendly projects, such as creating **placemats, lunch bags, cards, blankets** or **We Care packages** as the party’s primary activity. Or do several of these projects!
- If you decide on a no-gift party, you may want to ask guests to make a donation to MMOW in lieu of a present.
- Have your child go with you to deliver the items the guests have created and any monetary donations you’ve collected.
- E-mail info@meals-on-wheels.com or call 612.623.3363 with any questions or to find out where to deliver your completed projects or donations.

BE A BULK MAIL VOLUNTEER

We always need help with bulk mailings (stuffing envelopes, labeling, etc.) during the year. When mailing time rolls around, we call volunteers to enlist their help—and they come lend a hand if they can. E-mail info@meals-on-wheels.com or call 612.623.3363 with any questions or to get your name (or your group’s contact information) placed on the list.